

ABSTRACT

Instruments and methods for distracting an intervertebral space and inserting and impacting artificial intervertebral discs. A wedge distractor employing opposing ramps through which an inserter/impactor holding an artificial intervertebral disc is admitted, the passage of which through the distractor results in distraction of the intervertebral space simultaneous with insertion of the artificial intervertebral disc. A method of distracting an intervertebral space comprising the steps of inserting a distractor having opposing ramped surfaces into an intervertebral space and inserting an inserter/impactor holding an artificial intervertebral disc between the opposing ramped surfaces of the distractor to insert/impact the artificial intervertebral disc in the intervertebral space. A system for distracting an intervertebral space employing a wedge distractor, inserter/impactor and artificial intervertebral implant.